



New Mexico Information

SAFETEEN NM:

Helping youth, help themselves to make healthy decisions.

SAFETEEN New Mexico is a youth driven, community based organization that implements programs in schools to prevent injury, death, and disability, related to traffic fatalities. SAFETEEN facilitates youth involvement and peer education that result in critical thinking, self awareness, and healthy decision making. This program is implemented in public and private high schools just prior to spring break, proms and graduation.

SAFETEEN's vision is to create awareness through youth, by youth, and for youth to facilitate healthy decision making. Students and school staff work together with SAFETEEN to customize their own program. A special video is also produced for each school site. As a result of this program, New Mexico's highways will be safer for all drivers, passengers and pedestrians.

The SAFETEEN Program Components:

1. A Simulated Crash at or near the school grounds. The crash involves law enforcement, emergency personnel and students from the school.
2. An Assembly that consists of the following:
 - ? A customized audiovisual presentation featuring students from that school.
 - ? Live testimonials by crash victims, survivors and people who have caused fatal crashes.
3. The Grim Reaper experience which provides students with a closer view of what it would be like to lose one of their friends in a car crash.
4. A Hands-on learning segment that consists of various exhibits that demonstrate the effects of reckless driving. Several community groups collaborate with SAFETEEN to bring this education to teen drivers.

Since 2000, SAFETEEN New Mexico has been implemented in 14 high schools, reaching close to 23,000 students and 7,000 adults.

SAFETEEN New Mexico has contributed to the decrease in 16 and 17-year-old fatalities along with other important factors, such as the implementation of the Graduated Drivers Law in New Mexico.





Crash Facts Fatal & Injury Crashes in Bernalillo County

- ? From 2000 to 2001 then again from 2001 to 2002 Bernalillo County has seen a decrease in traffic fatalities and injuries for 16 and 17 year-old drivers. This age group is SAFETEEN New Mexico's target population.
- ? SAFETEEN New Mexico has contributed to this decrease in 16 and 17 year-old fatalities along with other important factors, such as the implementation of the Graduated Drivers Law in New Mexico.

New Mexico Teenage Crash Facts, 2002

- ? Of all drivers in crashes, 16 percent were teenagers, although teenagers comprised only six percent of New Mexico's drivers.
- ? Male teenagers died in crashes twice as often as female teenagers.
- ? Fifty-six percent of teenage crash deaths involved alcohol in New Mexico.
- ? A teenager was killed in a traffic crash every six days and one was injured every 123 minutes.
- ? Teenage occupants' self-reported seatbelt use was 92 percent, while that of all occupants was 97 percent.
- ? Twenty-nine percent of crashes involving teenage drivers occurred at night, while 28 percent of all crashes occurred at night.

Source: DGR, UNM

The state of New Mexico is among the top ten states with the highest crash fatality rates. A teenager is 65% more likely to be killed in a crash in New Mexico than in the nation at large.





Educational Information

What is Binge Drinking?

- ? **Binge drinking is defined as five standard drinks in a row for men, and four for women.**
- ? **A standard drink is considered to be:**
 - 12 oz. Beer
 - 8 oz. Malt liquor
 - 5 oz. Wine
 - 1.5 oz Distilled Spirits
(80 proof)

Alcohol Poisoning:

A Deadly Ending

- ? **Drinking games & guzzling can result in an alcohol overdose.**
- ? **30,000 young people need medical treatment each year for acute alcohol poisoning.**
- ? **SIGNS OF ALCOHOL POISONING: The ABC's on how to help a friend:**
 - Arouse – Try to wake your friend. If there's no response there could be a serious problem.
 - Breathing – Check it. Slow? Shallow?
 - Check – your friend's skin. Is his/her skin pale or bluish? Cold / Clammy?

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DRINKING & THE TEENAGE BRAIN

?Underage alcohol use is more likely to kill young people than all illegal drugs combined and it costs this country \$53 billion annually, mostly in the form of traffic fatalities and violent incidents.

?Youth who abuse alcohol do worse at remembering, planning, making decisions, determining spatial relationships, and attending to a task than do youth who do not drink. (Sandra Brown, Science, Kids, and Alcohol, Effect of Heavy Alcohol Use on Nervous System Development in Adolescents).

?Alcohol is a factor in 40% of all academic problems and 28% of all dropouts. (Anderson, 1992 – printout of a MADD statistics page on Research on Youth).

?Adolescent drinkers consume more alcohol per drinking occasion than do most adults. This excessive consumption puts them at high risk for problems such as traffic crashes, sexual assault, suicide, and early and unprotected sex. Source: UNM COSAP

Key Findings About Underage Drinking:

Underage drinkers are a critical segment of the alcohol beverage market. Since most heavy and problem drinkers begin drinking before they reach age 21, underage drinking is key to the profitability of the alcohol industry.





- ? 87 percent of adults who drink had their first drink of alcohol before age 21.
 - ? Individuals who begin drinking before the age of 15 are four times more likely to become alcohol dependent than those who begin drinking at age 21.
 - ? The prevalence of lifetime alcohol abuse is greatest for those who begin drinking at age 14.
 - ? Underage drinkers and adult heavy drinkers combined consume 61 percent of the alcohol sold in the U.S
 - ? One third of sixth and ninth graders obtain alcohol from their own homes.
 - ? 41 percent of teens have tried a new breed of sweet-tasting, colorfully packaged alcoholic beverages (e.g., Tequila, Smirnoff Ice, Skyy Blue).
 - ? 50 to 75% of all prime time TV episodes present at least one drinking incident.
- Source: AAA New Mexico

Source: CASA Report on Underage Drinking *Teen Tiplers: America's Underage Drinking Epidemic*, <<http://www.madd.org/stats/0,1056,3750,00.html>>

The Facts of Drinking and Driving

- ? The risk of a fatal one-car crash is eleven times greater for a driver who has been drinking.
- ? An alcohol-related crash is more likely to end in injury or death than a crash not involving alcohol.

Source: AAA New Mexico





Pre and Post Analysis

What are your driving habits

Dangerous behavior decreased in frequency after students attended the SAFTEEN program to their schools.

On average, student driving behavior improved by 14.27%

Because students now see themselves as part of a larger community of youth and adults who can be hurt by reckless driving, they are less inclined to engage in it.

Students who previously rated themselves as relatively high quality drivers realized that many of their driving practices were in fact extremely dangerous.

24.45% of the student responses considered themselves excellent drivers prior to learning about the many risks associated with their behavior as part of the SAFTEEN program.

AFTER the program, student described themselves more realistically as drivers, and the post-test results showed that then only 15.33% could call themselves excellent drivers.

After becoming aware that the high school parking lots of schools SAFTEEN visited are often places where reckless driving and automobile accidents occur, students were asked to rate their daily driving behaviors in their own schools parking lot.

After attending the SAFTEEN program, self reported aggressive driving in the parking lot decreases, while defensive and cautious driving behavior increased.

Clearly students who attended the SAFTEEN program learned that the streets are not the only place where accidents can occur, and that being a safe driver included caution in parking lots.

